

# VITAL SIGNS

VOL III No. 6 Naval Regional Medical Center, Orlando, Florida

1 March 1981

## How does this sound?

## Rear Admiral J. A. Zimble, MC, USN!

On 17 February, Captain Zimble received the official word that he had been selected for promotion to Rear Admiral. Members of the staff gathered in the Library to share in this extra-ordinary time of celebration and to offer their congratulations to the new "flag selectee."

Captain Zimble had the chance to try on the "Admiral's hat," inspect the two-star personal pennant, admire the sparkling shoulder boards, and be the official two-star cake cutter.

The Captain does not expect to be frocked to the new grade while he is the Commanding Officer of NRMC but should be upon receipt of orders to his new assignment requiring flag rank.



It fits!



Assisted by the "bull ensign" ENS S. P. Alford, MSC, USN



Check the stars!

**Cachet to commemorate new Hospital**

Captain W. J. Schefstad, Director of Clinical Services, is sponsoring a cachet to commemorate the opening of the new hospital facility. For those of us who are uninformed on a cachet, it is a design or inscription on an envelope to commemorate a postal meter impression or a motto or slogan included in a postal cancellation.

The availability of the cachet will be announced in the U.S.C.S. Log, the official organ of the Universal Ship Cancellation Society, distributed internationally. Captain Schefstad has been a cachet collector since 1960. He has over 1500 cachets in his collection and this is the third cachet he has personally sponsored.

Collectors will have the option of obtaining the NRMC Orlando cachet postmarked opening day, dedication day, April 23rd, or any date in between. Collectors desiring the cachet can send their stamped, self-addressed envelope (cover) directly to Captain Schefstad.

**Whoooizzit???**

DO YOU KNOW THIS STAFF MEMBER? (Answer on Page 8.)



**Volunteer hours  
for January -  
1,688!**

**Vital Signs' Staff**

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VITAL SIGNS is published in compliance with NAVEXOS-P35 (Rev. JAN74) and printed by the Navy Publications and Printing Service Branch Office, Orlando, from appropriated funds.

Commanding Officer: CAPTAIN J. A. ZIMBLE, MC, USN  
Editor: HMCM(SS) R. C. CLEMENTS, USN

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**RAMP****PAGE!**

By HM1 Bogan McQuigg, USN

**As we move, do you have any sentiments about leaving the ramps?**

LT Barbara Fieldman, MSC, Food Svc: "Yes, ....missing the exercise, the fresh air, and the rain!"



MM1 Robert Povalkins, Security Svc: "No ..... no sentiments, but I will miss the scenery and the fresh air while on patrol."



HM2 Nathan Neal, Physical Therapy: "Yes..... and I'll miss the outdoors, the sunshine, and the fresh air!"



John Collins, Patient Affairs: "I have no feelings of regret, only feelings of anxiety for the new facility. Hopefully, the new facility will bring forth a more workable situation."



Mrs. Jane McCrea, Housekeeping: "No, because of the walking, the rain, the cold, and the snobs!"



CDR Joann Megonnell, Nursing Svc: "Not really...the only thing that I'll miss is the opportunity to socialize with other staff members on the ramp when making rounds."



## Civilian Performance Awards



Captain Zimble congratulates Esmeria Maletta and Sherrie Utech on their awards.



Captain Zimble congratulates a group of Outstanding performers: Front Row (left to right): Ulysses Hood, Cheryl Lawson, Betty Mullen, Dorothy Pempey, and Dick McGuire. Back Row: William Greene, Blonden Hammonds, John Hardeman, and Muriel Lovejoy.





Captain Zimble congratulates some of the award winners: Front Row (left to right): Marie Lamothe, Patricia Johnson, Jean Thomas, and Patricia Horn. Back Row: Dennis Lippencott, Joyce Sienia and William Giba.



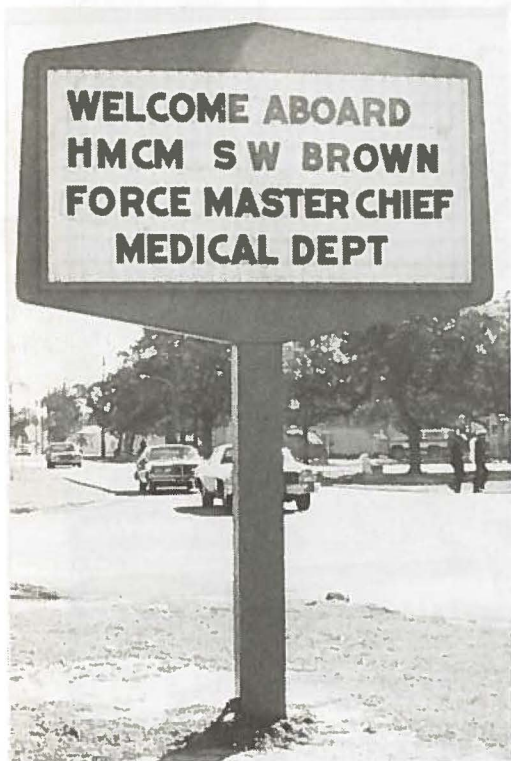
Captain Zimble with more Outstanding performers: (Left to right) Patricia Barbour, Dianne Bates, Judith Brooke, Gloria Carter, Jeanne DeVinney, Virginia Gilbrooke, and Joyce Dover.



Captain Zimble congratulates another group of Outstanding performers: Front Row (left to right): Jean Rodarte, Delores Thompson, Evelyn Rhodes, Emily Pirtle, and Carol Ryals. Back row: Richard Wesse, Charles Watson, Doris Villar, Jerome Walker, and Mary Van den Heuvel.



# Force Master Chief visits NRMG/NRDC HMCM Steve Brown welcomed



...on the ramps



...heading for Recruit area



...with the Laboratory crew



...with the Command Master Chiefs of this area



...with the Ward Corpsmen



...time for individuals



... male in-barracks sick call



... female in-barracks sick call



... Recruit barracks



...critique with Captain Zimble and C/MC HMCM(SS) Clements



# VITAL SIGNS

SUPPLEMENTAL PAGE D

1 March 1981



## CRA NOTES

By Joyce Sienia



### New CRA Board of Directors

The following employees were recently appointed to serve on the Civilian Recreation Association Board of Directors for one year: Chairperson Joyce L. Sienia, H-39; Vice Chairperson, Robert E. Davis, NRDC-23; Secretary, Judith E. Brooke, H-34; Assistant Secretary, Ruby J. Garmon, H-08; Treasurer, Carolyn H. Smith, H-17; Members: Diana Bates, H-36; Barbara T. Biggie, H-32; Linda D. Bunker, H-15; Carey C. Norman, H-27; Joseph G. Kinzler, H-38; Mary D. Goad, H-11; and Catherine E. Davidson, H-26.

CRA BIRTHDAY GREETINGS TO: Judy Larson on 2 Mar; Retta Chadwick on 3 Mar; Iris Lloyd and Patricia Abraham on 4 Mar; Sally Arvidson and Richard Weese on 8 Mar; Edna Swigonski on 10 Mar; Ulysses Hood and Aunita Padgett on 12 Mar; Marian Modeste on 13 Mar; Jean Thomas on 14 Mar; Jane Callahan, Ruby Garmon, and Antonio Mercado-Ruiz on 20 Mar; Jane Smith and Doris Villar on 24 Mar; Ronald Elliott on 25 Mar; Frankye Grayson and Manuel Maldonado on 27 Mar; and Florence Robertson on 29 Mar.

BELATED BIRTHDAY GREETINGS TO: Charles Bridger and Alice McElwee on 1 Feb; James Breeden and Paul Sampson on 2 Feb; Carolyn Green on 3 Feb; Theodore Joyal and Wanda McCune on 4 Feb; Helen Dugan and Glenda Strickland on 7 Feb; Janet Belanger on 10 Feb; Barbara Broome and Ethel Hendrix on 11 Feb; Mary Heidtman on 14 Feb; Rose Fowler and Anthony Tabacco on 17 Feb; Marian McGlasson on 21 Feb; Pedro Marcial on 22 Feb; Paul Ehrenberg and Dorothy Smith on 23 Feb; and Phyllis Burke on 27 Feb.

Other civilian employees receiving performance awards but not pictured on page 4 or supplemental page A, are:

Robert Waldon, Albert Larrivee, Robert Byrd, Barbara Cheney, Shirley Graham, and Coke Berryman.

## *... From the other side!*

By HM1 Rafael Perez, USN

### Reactionary Rhetoric

The articulation of the temporo-mandibula joint in simultaneous orchestration with other sound producing entities brings forth words. This marvelous synthesis is of vital necessity to our life. The conductor of this orchestration is thought, which examines, arranges, fuses and re-examines what is about to be produced - be it sound or music.

Occasionally a violinist, under the pressures of stress or exhilaration, causes discord in the final product thus producing incongruent noise. The same occurs when we set our word producing processes into action without paying heed to our conductor (thought), with the end product being carried away into the wind. The colloquial term for this hasty articulation is known as "losing ones' cool."

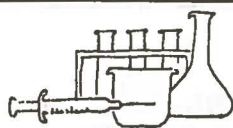
A violinist myself, I get carried away at times in the euphoria of a good symphony; but, I pause and glance at my conductor before me, and once again music is produced.

### Noted for excellence - February Inspection

CDR P. Clancy, NC	LTJG M. Porterfield, NC
CDR M. Troseth, NC	NC
LCDR C. Chick, NC	LTJG S. McAnarney, NC
LCDR R. Beaty, MC	NC
LCDR R. Elster, MSC	ENS S. Alford, MSC
LCDR J. Decicco, MSC	ENS G. Dailey, MSC
LCDR J. Collins, MSC	CWO2 D. Baughman, PA
LCDR G. Dumais, MSC	PA
LT D. Tuskey, NC	
LT A. Gross, MSC	

HMCS B. Bates	HM2 R. Cruz
HMC J. Daco	HM3 S. Alfieri
HMC J. Harmon	HM3 S. Cronkhite
HMC J. Edmondson	HM3 M. Duch
HMC P. Granados	HM3 B. Kirby
HM1 P. Ferguson	HM3 M. Dragich
DT1 D. Hackett	HN M. Hodgson
HM2 G. Barbelet	HN D. Hillman
HM2 M. Gribben	HN M. Dinardo





## Lab Line

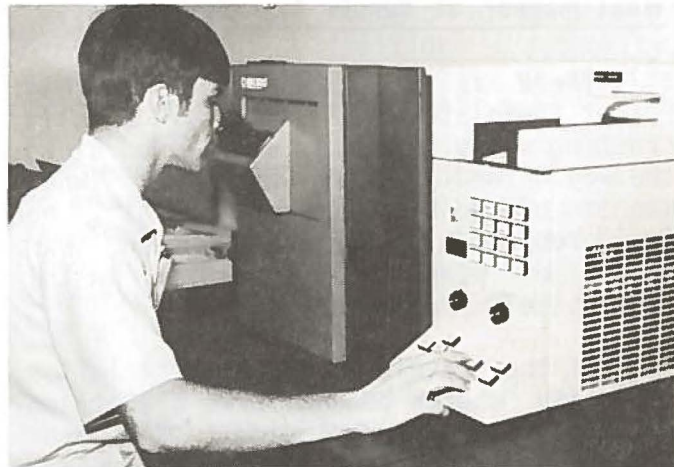
By LCDR J. D. Cotelingam, MC, USNR

### "That's Incredible!"

The Laboratory has a new instrument that could certainly qualify for "THAT'S INCREDIBLE." The instrument is the ADC-500 and it is the first piece of laboratory instrumentation to become operational in the replacement hospital. The ADC-500 automatically classifies white blood cell types and prints out the differential part of the complete blood count (CBC). ADC is an acronym for automated differential classifier. The 500 designation means that the instrument provides a percentage leukocyte differential after classifying 500 cells.

HM3 Keith Poirier, Supervisor of the Hematology Laboratory, is responsible for the operation and maintenance of the instrument. He explains that the ADC-500 electronically duplicates some of the functions of the human eye and brain. An electronic camera serves as the eye to locate white blood cells on a stained blood smear. It transmits an image of the cell to a pattern recognition computer. The computer brain has been programmed to know each type of white blood cell looks like. It actually takes hundreds of different measurements of each cell and compares the measurements with data stored in its memory. It then classifies the cell based on a statistical probability calculation. All this is done in a fraction of a second. In the past, white blood cell differentials were done manually with the laboratory technician observing each cell through the microscope, and classifying it using the experience of pattern recognition. This instrument will relieve much of that tedium. The ADC-500 has also been "trained" to look at red blood cells and platelet cells. It provides an impression of the red cell morphology, as an indication of the numerical sufficiency of platelets. It is truly an electronic marvel that offers substantial improvements in the accuracy and speed of white blood cell differential counting.

When the replacement hospital opens, we would like to invite any interested persons to come to the Lab and see the latest technology in action. We are confident that you will be saying, "THAT'S INCREDIBLE."



HM3 Poirier and the ADC-500

### New Ramp Page Reporter/Photographer

## HM1 Bogan McQuigg joins staff

HM1 Bogan McQuigg joins the staff of the Vital Signs this month as the Ramp Page Reporter and Photographer.

Petty Officer McQuigg reported to NRMC on 30 November 1980 from the 2nd Marine Division, Camp Lejeune. He is assigned as the Nursing Services Detailer and is responsible for coordinating the watch schedules and duties of 92 corps persons. He also acts as their advisor and counselor.



HM1 Bogan McQuigg

HM1 McQuigg has 9 years of Naval Service. He is married and he and his wife, Terry, have two children: Macey, 4 years old, and Jeremy, 21 months. Petty Officer McQuigg claims Pensacola as his hometown.



**Nursing****Service**

By LT Greg Holeman, NC, USN

**"What manner of people live hereabouts?"**

There is a legend about an old Quaker, who stood at the village wall, greeting weary travelers who passed along the way. And to each who asked, "What manner of people live hereabouts?", he would respond with another question, "What manner of people did thee find in thy last abode?"

If the traveler said that he left a community where people were bright and gay, genial and fun loving, the Quaker would answer confidently that the questing one would find them much the same in his community. But to travelers who complained that they left a community where people were ugly, quarrelsome, and ill-tempered, the patriarch would sadly shake his head and say, "Alas, here thee will find them much the same."

When we talk about people, places, or duties within the military establishment, think about how significantly your attitudes can affect the responses of those around you, then speak.

\* \* \* \* \*

"Folks who never do anymore than they get paid for, never get paid for any more than they do."

Elbert Hubbard

**Interested in losing weight?**

The Physical Therapy Branch will be conducting a special weight control program beginning 17 March. The program will be held in the NTC Conference Room, Building 2091, from 1130 - 1300 on Tuesday, Thursday, and Friday for one month.

For further information, call LCDR Williams at X5237.

**Chaplain's****Comments**

By CDR W. E. Tumblin, CHC, USN

**"But Everybody's Doing It!"**

Do you carry a pistol or knife in your car? Do you ignore miscellaneous sources of income when preparing your 1040? Do you utilize government supplies and equipment for personal gain when no one is looking? Those who would admit to such practices likely would exclaim, "But everybody's doing it!"

An uneasy conscience is a good early warning sign about questionable moral behavior. Continuous disregard of this sign leads to moral numbness of soul. Rather than change behavior to coincide with a good standard of moral values, an uneasy conscience may seek support by selecting the morally fallen to compare themselves with. Persons with much self-doubt about their moral behavior rarely compare themselves with the heroic, kind, goodhearted people who live and work around them everyday.

One good checkup that each of us needs, in addition to our annual physical and dental exam, is that for frequency of appeal to "But Everybody's Doing It!" The danger of appealing to the prevalence of a behavior to determine its rightness/wrongness is the denial, albeit in a subtle way, of any personally affirmed standard of moral action. The moral landscape from Capitol Hill to student classrooms and construction sites is littered with the casualties of moral failure, greed, and callous disregard who sing out to all who listen: "But Everybody's Doing It!"

Succinctness is related to moral standards that are sure, fair, and true. Jesus, in speaking of those moral actions that we often treat on the nonverbal level of our soul with the comment "But Everybody's Doing It!", said, "Let what you say be simply 'Yes' or 'No'; anything more than this comes from evil." (Matt. 5:37)





## **Master Shipwreck**

**HMCN(SS) R. C. Clements, USN**

### **Pride and professionalism**

The Chief of Naval Operations recently communicated his ideas on pride and professionalism throughout the naval service to certain flag officers and commanding officers concerning his views and thoughts on pride and professionalism within the naval service. This communication was endorsed by the Surgeon General who promulgated specific direction to the commanding officers of all Medical Department activities.

I have specifically communicated the thoughts of the Chief of Naval Operations and Surgeon General to a combined meeting of all chief petty officers at this activity. It is my strong desire to promote pride and professionalism throughout the command at all levels of authority.

The Navy Medical Department is a service oriented organization with a wide variety of expertise and professional competence. The professional competence at all levels is indicated by diplomas, degrees, certificates of completion, Navy enlisted classification and on the job training. In many areas there are requirements to update and requalify in many of these specialties by state board certification, meeting qualification standards, satisfying registrar requirements, and recertification. Historically, we have placed more emphasis on professional qualifications than that of leadership and pride in the uniform that we wear as naval officers, men and women.

The concept of promoting high leadership standards and developing professional competence is not new. It is time that each of us re-evaluate our personal ideals and goals to improve every facet of leadership throughout the chain of command. By doing so, we need to develop high standards of military behavior, courtesy, demeanor and appearance, as well as, maintaining our medical expertise.

We must take personal inventory of our own qualities as leaders and rededicate ourselves to the leadership principles, which at times have only existed in writing. Navy regulations contain specific statements of responsibility and authority for all levels of personnel. With assignment to positions of authority, also comes the responsibility to provide good sound leadership. All senior personnel assigned positions of authority must exert their influence and direction to ensure that correct military bearing is observed continuously. The rewards of good leadership include recognition and a satisfaction that we have improved in our day to day performance.

I challenge all members of the staff to improve their leadership skills. It is my strong desire that the Naval Regional Medical Center, Orlando, Florida be one of the finest components of the Navy Medical Department. I solicit your help and assistance in the accomplishment of this goal.

### **Introducing NRMC's new Career Counselor**



**HMC Rex M. Reeder, USN**

HMC Rex M. Reeder reported aboard on 12 February from the Naval Mobile Construction Battalion ONE, Gulfport. Chief Reeder has assumed the duties of NRMC's Career Counselor. Chief Reeder's office is on Ward 8 until the move into the new facility and then he will be located in the Human Resource Management Service. Make it a point to look up Chief Reeder, introduce yourself, and let him assist you in planning your Naval career!



## ASK THE SKIPPER



By CAPT J. A. Zimble, MC, USN

### To my staff

As most of you may have already perceived, Tuesday, 17 February, was a banner (or rather, a flag) day for me. My selection for promotion to flag rank was based upon a review of my performance, which, in point of fact, is really your performance. It was the dedicated efforts, positive commitment, professional knowledge and exemplary skills of the NRMC Orlando staff that gave me visibility. I am grateful to you for letting me stand on your shoulders.

I may eventually wear the stars, but each one of you, who contributed so much towards the mission of this medical center, share the credit! Thank you for making me look so good!

With promotion, my family and I must move on. We truly regret having to leave such a sensational command. The Navy civilian and military community here is top notch. In the years ahead, it is my hope that we'll have other opportunities to serve our Navy together.

### We're sorry you're leaving!

HMC R. J. Wida separation leave and transfer to Fleet Reserve  
HMC B. R. Bates separation leave and transfer to Fleet Reserve  
HN Y. Demery to X-ray School, Oakland  
HM3 P. Black to USS ADAMS  
HM3 C. R. Cote separation leave  
HM2 R. Casserosune separation leave  
OS1 D. Campbell to COMFEWSG Det 1, Norfolk  
HMC J. Daco to NRMC, Guam  
HM3 M. Dinardo to FMSS Camp Lejeune and FFT 2nd MarDiv  
HN A. McCray to FMSS Camp Lejeune and FFT 2nd MarDiv  
HN G. Mariott to NavRegMed Clinic, Hawaii

### We're glad you're here!

LT J. P. Truran, NC, from NNMCMC, Bethesda  
HMC R. Reeder from NMCMC ONE, Gulfport  
HM1 C. Mathis from 2nd FSSG, FMFLANT  
HM2 J. Allen from Sewells Point Branch Clinic, NavSta, Norfolk  
HM3 J. S. Samson from Ft Sam Houston  
HM3 D. Engle from NRMC, Oakland  
HM3 M. Stroud from NRMC, Oakland  
HM3 R. Hudson from civilian status  
HN R. Bautista from HCS GLAKES  
HN D. Rhea from FMSS Camp Lejeune  
HA T. Cade from HCS GLAKES  
HA M. Maloney from HCS GLAKES  
HA B. Burgess from HCS GLAKES  
HA D. Holzschuh from HCS GLAKES  
HA K. Davies from HCS GLAKES  
HA D. Buscanera from HCS GLAKES  
HA M. Champagnie-Davis from NSHS SDIEGO  
HR D. Divelbiss from NSHS SDIEGO  
HR L. Liberty from HCS GLAKES  
HR J. Long, Jr., from NSHS SDIEGO  
HA E. Roberts from NSHS SDIEGO  
HA J. White from NRMC Oakland



### Stand Morning Colors

with your

Shipmates

and Navy Band Orlando

Every Thursday

### Whooizzit?

It's Captain Lois E. Nickerson, NC, USN, Director, Nursing Services. Captain Nickerson reported on board 14 March 1980 from the Naval Hospital, Annapolis, MD, where she was the Chief of Nursing Service. Captain Nickerson has over 23 years of Naval Service which includes a tour of duty in Danang. Captain Nickerson presently resides in Maitland, but her home town roots are deep in the heart of..... Corpus Christi, Texas!

